

	FOOD COMPONENTS	FOOD ITEMS	Required Minimum Quantities		
			Ages 1 and 2	Ages 3-5	Ages 6-12
BREAKFAST	Milk, fluid	Skim, Low Fat, Whole or Buttermilk	1/2 cup	3/4 cup	1 cup
	Vegetable/Fruit	Full Strength Juice, Vegetable and/or Fruit	1/4 cup	1/2 cup	1/2 cup
<i>Serve all 3 components</i>	Grains/Breads	Bread <i>or</i>	1/2 slice	1/2 slice	1 slice
		Cornbread, Biscuit, Roll, Muffin <i>or</i>	1/2 serving	1/2 serving	1 serving
		Dry Cereal <i>or</i>	1/4 cup	1/3 cup	3/4 cup
		Cooked Cereal	1/4 cup	1/4 cup	1/2 cup
SNACK	Milk, fluid	Skim, Low Fat, Whole or Buttermilk	1/2 cup	1/2 cup	1 cup
	Vegetable/Fruit	Full Strength Juice, Vegetable and/or Fruit	1/2 cup	1/2 cup	3/4 cup
<i>Select 2 of 4 components</i>	Grains/Breads (see lists above and below)		1/2 serving	1/2 serving	1 serving
	Meat/Meat Alternate (see list below)	Lean Meat, Poultry or Fish <i>or</i>	1/2 oz.	1/2 oz.	1 oz.
		Peanut Butter <i>or</i>	1 Tbsp.	1 Tbsp.	2 Tbsp.
		Peanuts, Nuts or Seeds <i>or</i>	1/2 oz.	1/2 oz.	1 oz.
		Yogurt	1/4 cup	1/4 cup	1/2 cup
LUNCH OR SUPPER	Milk, fluid	Skim, Low Fat, Whole or Buttermilk	1/2 cup	3/4 cup	1 cup
	Vegetables/Fruits	Two Vegetables and/or Fruits	1/4 cup total	1/2 cup total	3/4 cup total
<i>Serve all 4 components</i>	Grains/Breads (see list above)	Bread <i>or</i>	1/2 slice	1/2 slice	1 slice
		Cooked Pasta, Noodles or Grains <i>or</i>	1/4 cup	1/4 cup	1/2 cup
		6" Tortilla	1/2 tortilla	1/2 tortilla	1 tortilla
	Meat/Meat Alternate (a serving is the amount of meat/meat alternate without bones, breading, etc.)	Lean Meat, Poultry or Fish <i>or</i>	1 oz.	1-1/2 oz.	2 oz.
		Cottage Cheese <i>or</i>	1/4 cup	3/8 cup	1/2 cup
		Cheese <i>or</i>	1 oz.	1-1/2 oz.	2 oz.
		Egg <i>or</i>	1/2 large	3/4 large	1 large
		Cooked Dry Beans, Peas or Lentils <i>or</i>	1/4 cup	3/8 cup	1/2 cup
		Peanut Butter <i>or</i>	2 Tbsp.	3 Tbsp.	4 Tbsp.
		Peanuts, Nuts or Seeds <i>or</i>	1/2 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%
		Yogurt	1/2 cup	3/4 cup	1 cup

Children age 12 and older may be served larger portions based on their greater food needs.

Refer to the *Crediting Foods in CACFP* for serving sizes of other grains/breads and more information about all other meal components.

Nuts may be no more than 50% of the meat/meat alternate requirement and must be combined in the meal with at least 50% of another meat/meat alternate – 1 oz. of nuts/seeds = 1 oz. of cooked lean meat, poultry or fish.